

# HARFORD COUNTY SENIOR ACTIVITY CENTERS CLASS CATALOG WINTER 2012

**CLASS SEMESTER: January 3-March 9, 2012**

**Closed: NO CLASS on Jan. 2, 16, and Feb. 20**

## **REGISTRATION INFORMATION (closed Nov. 11, 2011):**

### **PLEASE NOTE STAGGERED REGISTRATION DATES**

**At McFaul:** Register for McFAUL classes ONLY, Oct. 31 through Nov. 2, 2011

**At Fallston & McFaul:** Register for FALLSTON and McFAUL classes ONLY, Nov. 3 and 4

**Registration for all classes at all centers:** Nov. 7 through Dec. 2 (closed Nov. 11)

**Late Registration at all Centers:** December 5 – 9, 2011

***Late registration has a \$5 late fee for each class.***

**If any course does not have minimum enrollment, students who have paid for that course will be refunded. THERE WILL BE NO OTHER REFUNDS. There will be NO registration by instructors and NO registration after the above deadlines for tuition based classes.**

#### **ABERDEEN SENIOR ACTIVITY CENTER**

7 Franklin St., Aberdeen, MD 21001

410-273-5666

Monday-Friday, 8:00 a.m. – 4:00 p.m.

#### **HAVRE DE GRACE SENIOR ACTIVITY CENTER**

351 Lewis Ln., Havre de Grace, MD 21078

410-939-5121

Monday-Friday, 8:00 a.m. – 4:00 p.m.

#### **EDGEWOOD SENIOR ACTIVITY CENTER**

1000 Gateway Rd., Edgewood, MD 21040

410-612-1622

Monday-Friday, 8:00 a.m. – 4:00 p.m.

#### **HIGHLAND SENIOR ACTIVITY CENTER**

708 Highland Rd., Street, MD 21154

410-638-3605

Monday-Thursday, 8:30 a.m. – 3:30 p.m.

#### **FALLSTON SENIOR ACTIVITY CENTER**

Veronica "Roni" Chenowith Activity Center

1707 Fallston Rd., Fallston, MD 21047

410-638-3260

Monday-Friday, 8:30 a.m. – 3:30 p.m.

#### **McFAUL SENIOR ACTIVITY CENTER (Bel Air)**

525 W. MacPhail Rd., Bel Air, MD 21014

410-638-4040

Monday-Friday, 8:30 a.m. – 4:00 p.m.

***See next page for more important information!***

**David R. Craig**

Harford County Executive

**Elizabeth S. Hendrix**

Director, Dept. of Community Services



Bookmark us on your Smart Phone!

**Office on Aging**

Harford County Department of Community Services

[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging)

410-638-3025



This document available in alternative format by request: 410-638-3373 (voice/tty) or [disability@harfordcountymd.gov](mailto:disability@harfordcountymd.gov).

## **TRANSITION TIME FOR CLASSES AND ACTIVITIES**

Our centers have busy schedules, and many classes and activities run back to back. Please note that the time listed for an activity or class includes transition time for attendance at the start of class, and a few minutes for a class or activity to end and for participants to leave the space. We ask that members arrive promptly to allow time for the instructor to quickly take attendance and to begin the class as soon as possible. We also ask that participants vacate the space quickly when class is over so the next class can begin in a timely manner. Thank you for your cooperation!

## **SENIOR CENTER INCLEMENT WEATHER POLICY**

In the event of inclement weather, the Harford County Office on Aging's foremost concern is the safety of participants and staff. If Harford County schools are **CLOSED** due to inclement weather, Senior Activity Centers will be **CLOSED**.

If Harford County Schools open **LATE** due to inclement weather, Senior Activity Centers will open at **NOON** for participants. No meals will be served and no transportation provided. Classes scheduled prior to the late opening will not be held. Staff will report as usual.

School delays and closings not due to weather have no effect on the daily operation of Senior Activity Centers.

## **IMPORTANT FLU INFORMATION**

**We are very concerned about the health and wellbeing of our participants. With increased concern about the severity and extent of flu strains this flu season, please be aware that we may need to take certain actions to protect the general health of our membership which may include closures or cancellations of some programs.**

## **OTHER CLOSINGS**

**Every effort is made to keep the centers open during all normal hours of operation. On occasion, situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.**

To request disability-related accommodations, call 410-638-3025 at least seven business days before an event. This document is available in alternative format upon request.

# **ABERDEEN SENIOR ACTIVITY CENTER**

## **ARTS & CRAFTS**

### **AB109AC Knit & Crochet Open Studio**

Monday, 10:00 a.m. – 12 noon (no studio Jan. 2, 16, Feb. 20)

Tuition: None

Instructor: Harriet Bohle

Maximum Enrollment: 15

Knit on your own.

## **DANCE**

### **AB101DA Line Dance 1 (Beginning)**

Wednesday, 9:45-10:45 a.m.

Tuition: None

Instructor: JoAnn Mann

Minimum Enrollment: 8

Maximum Enrollment: 25

Beginners dance to oldies and Country & Western music (popular in Country & Western clubs).  
Low-impact. No experience necessary.

### **AB102DA Line Dance 2 (Intermediate)**

Wednesday, 11:00 a.m.-12 noon

Tuition: None

Instructor: JoAnn Mann

Minimum Enrollment: 8

Maximum Enrollment: 25

Now the rhythm is going to get you to want to move your feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. Some dance or aerobic experience necessary.

## **EXERCISE**

### **Chair Cardio-NEW!**

**Two separate courses; indicate desired course:**

**AB250EX** Monday, 1:30-2:30 p.m. (no class Jan. 2, 16, Feb. 20)

**AB350EX** Wednesday, 1:30-2:30 p.m.

Tuition: Monday: \$16

Wednesday: \$20

Instructor: Steven Penn

Minimum Enrollment: 10

Maximum Enrollment: 40

Did you know that you can get aerobic benefit, improve muscle endurance, gain flexibility and increase energy, all from your chair? These fun, low-impact, seated exercises presented in this class can help you manage your weight, lower blood pressure, prevent/manage diabetes, lower LDL cholesterol, prevent heart disease, reduce stress and anxiety, brighten your mood, give you more energy and provide many other positive benefits!

**AB120EX Functional Fitness**

Monday AND Wednesday, 12:15-1:15 p.m.

Tuition: None

Instructor: Steven Penn

Minimum Enrollment: 10

Maximum Enrollment: 40

Join us for fun, low-impact safe movement exercises done in a chair or standing. This class will incorporate upper/lower body resistance stretching and balance exercises that help with fall prevention. The exercises presented in this class can help you manage your weight, lower blood pressure, prevent/manage diabetes, lower LDL cholesterol, prevent heart disease, reduce stress and anxiety, brighten your mood, give you more energy, and provide many other positive benefits! Wear comfortable clothes and tennis shoes (water bottle and towel are optional).

**AB114EX Tai Chi 1 (Beginning)**

Wednesday AND Friday, 9:00-10:00 a.m.

Tuition: \$40

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 22

Tailored for the beginning student, experience peace and tranquility and strength building through ancient Chinese Tai Chi forms and qi gong exercises that cultivate vitality, balance, and flexibility while learning the basic Yang style short form.

**AB124EX Tai Chi 2 (Intermediate)**

Wednesday AND Friday, 10:00 – 11:00 a.m.

Tuition: \$40

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 22

Fine-tune the Yang style short form while discovering the Yang style long form. Qi gong energy and breathing techniques are developed while introducing silk-reeling and Tai Chi ruler. Prerequisite: Tai Chi 1 and recommendation of instructor.

**AB125EX Tai Chi 3 (Advanced)**

Wednesday AND Friday, 11:00 a.m. – 12 noon

Tuition: \$40

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 22

The Yang style short and long forms are fine-tuned while students are introduced to the “Old Frame” Chen style Tai Chi in this advanced class. Qi gong energy and breathing techniques are developed along with Ba Gua, silk-reeling and Tai Chi ruler. Prerequisite: Tai Chi 2 and recommendation of instructor.

### **AB130EX Zumba Gold**

Monday, 11:00 a.m. – 12 noon (no class Jan. 2, 16, Feb. 20)

Tuition: \$14

Instructor: JoAnna Rush

Minimum Enrollment: 10

Maximum Enrollment: 30

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active older adult.

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### **FITNESS ROOM:**

#### **Fitness Orientation**

See Front Desk for Fitness Orientation dates, times, and hours.

Get personal instruction on the proper use of fitness equipment and suggestions for exercise programs.

#### **Fitness Equipment Availability:**

Monday: 8:30 – 10:00 a.m. and 2:30-3:30 p.m.

Tuesday: 10:30 a.m. - 12 noon

Wednesday: 12:30-3:30 p.m.

Thursday: 8:30 - 10:00 a.m. and 2:30-3:30 p.m.

Friday: 8:30 a.m. – 3:30 p.m.

**Exercise on your own on a recumbent bicycle, treadmill, and free weights. Orientation is required prior to use of the Fitness Room. See front desk.**

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**The following activities are also offered; however please note that the center will be CLOSED on January 2, 16, and February 20.**

### **CARDS (Play on Your Own)**

Bridge Monday, 12:15 - 3 p.m.

Bridge Wednesday, 12:00 - 3 p.m.

Hand & Foot Tuesday, 12:30 - 4 p.m.

**COMPUTER LAB:** On your own. Check at front desk for available times and days.

### **DISCUSSION GROUPS**

#### **Lifetime of Memories**

Thursday, 10:00 – 11:00 a.m.

Instructor: Varies

Enjoy working and socializing with others as you create special projects using arts, crafts, writing, and other means of creative expression to communicate and share special memories experienced throughout your lifetime. Call the center for more information.

### **Memoir, Journal & Reminiscing Writing**

Friday, 10:00-11:30 a.m.

Instructor: Joyce Byrd

### **Men's Discussion Group**

1<sup>st</sup> Friday, 10:00-11:00 a.m.

Facilitator: William Dorsey

## **GAMES (PLAY ON YOUR OWN)**

**Billiards** Monday-Friday, 9 a.m. – 4 p.m.

**Mah-Jongg 2** Friday, 12:30-3:30 p.m.

(National Mah-Jongg League rules are used.)

**Table Shuffleboard** Monday, 8:00 – 11:00 a.m. & Thursday, 12 noon-2 p.m.

## **HEALTH, SUPPORT, & NUTRITION PROGRAMS**

### **Blood Pressure Screening**

1<sup>st</sup> Thursday, 10 a.m. – 12 noon

Provided by Upper Chesapeake Health

### **Diabetes Support Group**

1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 9:30 – 10:30 a.m.

Facilitated by Parish Nurses

### **Walking**

Walkers set their own goals and pace. Call the center for more information. Walkers walk at Festival Park starting at 9:45 a.m.

## **WORKSHOPS**

### **Basketweaving Studio**

Tuesday, 9:30-10:30 a.m.

### **Jewelry Making**

Monthly workshop; check front desk for day and time.

### **Quilting Workshop**

1<sup>st</sup>, 2<sup>nd</sup>, and 4<sup>th</sup> Friday, 9:00 a.m. – 12 noon

Instructor: Rae Price

Learn to quilt and make quilts for those in need.

# **EDGEWOOD SENIOR ACTIVITY CENTER**

## **DANCE**

### **ED101DA Line Dance 1 (Beginning)**

Monday, 9:00 - 10:00 a.m. (no class Jan. 2, 16, Feb. 20)

Tuition: None

Instructor: Jo Ann Mann

Minimum Enrollment: 8

Maximum Enrollment: 25

Beginners dance to oldies and Country & Western music (popular in Country & Western clubs).

Low-impact. No experience necessary.

### **ED103DA Line Dance 3 (Advanced)**

Monday, 10:00 – 11:30 a.m. (no class Jan. 2, 16, Feb. 20)

Tuition: None

Instructor: Jo Ann Mann

Minimum Enrollment: 8

Maximum Enrollment: 25

Dance to oldies and Country & Western music. Prerequisite: Line Dance 1 (Beginner) or previous line dance or aerobic dance experience.

## **EXERCISE**

### **ED243EX Core on the Floor – NEW!**

Tuesday, 11:00 a.m. – 12 noon

Tuition: None

Instructor: Norma Webster

Minimum Enrollment: 10

Maximum Enrollment: 40

This course offers a variety of floor exercises using a mat; exercises help strengthen the abdomen, back, and general core muscles while emphasizing the legs. Students must be able to get up and down from the floor unassisted.

### **ED101EX Exercise for Arthritis**

Wednesday AND Friday, 9:45 - 10:45 a.m. (EIGHT weeks beginning Jan. 4)

Tuition: None

Instructor: Sally Mears

Minimum Enrollment: 10

Maximum Enrollment: 30

This is a low-impact, land-based exercise program designed for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength. NEW STUDENTS WELCOME!

**ED120EX    Functional Fitness**

Tuesday, 9:45-10:45 a.m.

Tuition:    None

Instructor: Steven Penn

Minimum Enrollment: 10

Maximum Enrollment: 20

Join us for fun, low-impact safe movement exercises done in a chair or standing. This class will incorporate upper/lower body resistance stretching and balance exercises that help with fall prevention. The exercises presented in this class can help you manage your weight, lower blood pressure, prevent/manage diabetes, lower LDL cholesterol, prevent heart disease, reduce stress and anxiety, brighten your mood, give you more energy, and provide many other positive benefits! Wear comfortable clothes and tennis shoes (water bottle and towel are optional).

**ED104EX    Light Cardio Toning**

Tuesday, 8:30-9:30 a.m.

Tuition:        \$20

Instructor:    Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 30

Get fit from the inside out with moderate exercise to improve muscle tone and cardio-vascular fitness. Enjoy your favorite tunes as you work out using stretch bands to tone your muscles. Get your blood pumping and make your heart happy as you condition the body and relax the mind. Stretch bands provided during class time. Exercise mat and light weights optional. Participants must be mobile.

**ED110EX    Steppers**

Wednesday AND Thursday, 11:00 – 11:45 a.m.

Tuition:        None

Instructor:    Norma Webster

Minimum Enrollment: 8

Maximum Enrollment: 40

Steppers Exercise is a mid-range level exercise program designed to improve overall balance, endurance, cardio-vascular health, mental clarity, and boost energy levels and flexibility. It helps tone muscles and enhance joint strength. “Step up” to overall fitness while stepping to the beat of music and reaping the benefits of working with light weights. Must be able to move rapidly to music on foot for 30 minutes and lift 2-3 lb. weights.

**ED108EX    Yoga**

Tuesday, 9:30-10:30 a.m.

Tuition:        \$20

Instructor:    Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 30

Assume the lotus position and breathe deeply. The practice of yoga has its roots in Indian tradition, as a spiritual pathway leading to the union with the Supreme Consciousness. In modern times, yoga is practiced to promote good health and fitness. Enjoy relaxation and tranquility as body and mind reap the many benefits of this ancient practice. Note: Involves exercises done sitting on the floor. Participants must be able to get up and down on their own. Yoga mat and strap suggested.



### **ED230EX Zumba Gold**

Thursday, 10:00-11:00 a.m.

Tuition: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 35

This lower impact, easy-to-follow Latin-inspired dance fitness party keeps you in the groove of life! The program includes Merengue, Salsa, Cumbia, Cha Cha, Belly Dance, and Flamenco, and will be sure to give you a “feel good” cardiovascular workout.

### **ED631EX Zumba Gold Toning – NEW!**

Tuesday, 1:30-2:30 p.m.

Tuition: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 35

Zumba Gold Toning combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercise makes this an effective total body workout that can improve balance, posture, coordination, and help prevent osteoporosis. You need to bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor. Note: Strength training is not recommended for individuals with hypertension.

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### **Fitness Room**

**Located at the Edgewood Recreation & Community Center**

Address: 1980 Brookside Drive in Edgewood

Hours: Monday – Friday, 9 a.m. – 12 noon

Fee: Contact Edgewood Senior Activity Center for fee information.

**Must be age 55+ and a member of Edgewood Senior Activity Center to use this facility.**

**Call the Edgewood Senior Activity Center at 410-612-1622 for more information.**

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## **FINE ARTS**

### **ED102FA Donna Dewberry's One Stroke Painting Technique for Everyone**

Wednesday, 9:30 – 11:30 a.m.

Tuition: \$40

Supply Fee: Students purchase own supplies prior to first class; instructor will leave list at front desk.

Instructor: Helen Tucker

Minimum Enrollment: 10

Maximum Enrollment: 20

Whether one has a lot of experience or none at all, with the Donna Dewberry One-Stroke Painting technique, this class has something to offer everyone! With individual attention and one-on-one instruction, proper loading and holding the brush, and applying just the right amount of pressure, students will achieve the most beautiful strokes possible and gain a sense of artistic accomplishment and confidence. Because students will be blending, shading, and highlighting all in just one stroke of the brush, they will soon be painting works of art they never dreamed possible to do, including still life florals, fruit, birds, skies and clouds—just to name a few. Come and join us—we have fun!

**The following activities are also offered. However, the center is CLOSED on January 2, 16, and February 20.**

## CARDS (Play on Your Own)

**Beginning Bridge** Tuesday, 10:00 a.m. – 12 noon  
Learn how to play Bridge. Registration required.  
Volunteer Instructor: Harold Wilson

**Intermediate Bridge**      Monday, 10:00 a.m. – 1:00 p.m.

**COMPUTER LAB:** Check at front desk for available times and days.

**CROCHET OPEN STUDIO:** Monday, 12:30-1:30 p.m. Instructor: Linda Coleman

## DISCUSSION GROUPS

**Book Discussion Group: 4<sup>th</sup> Tuesday at 10:30 a.m.**  
Presented by Harford County Public Library  
Members meet and agree upon a book to read and then enjoy a get-together to talk about it!

## GAMES (Play on Your Own)

<b>Billiards</b>	Monday-Friday	9 a.m. – 3:30 p.m.
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<b>Bingo</b>	Tuesday	12:30-1:30 p.m.
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## HEALTH, SUPPORT, & NUTRITION PROGRAMS

**AARP Chapter Meetings** 3<sup>rd</sup> Tuesday, 1:00 p.m.

**Blood Pressure Screenings** 1<sup>st</sup> Monday, 10 a.m. – 12 noon  
By Upper Chesapeake Health

# **FALLSTON ACTIVITY CENTER**

## **ARTS & CRAFTS**

### **FA101AC Beginning Basket Weaving**

Wednesday, 1:00 – 3:00 p.m.

Tuition: \$30

Supply Fee: Not to exceed \$50; payable to instructor

Instructor: Vicky Smith

Minimum Enrollment: 10

Maximum Enrollment: 10

This class introduces the student to basket weaving. Students will lay out a base; make the base square or rectangular; upset the stakes, weave the sides in a start-stop manner. Rows will be packed; stakes will be cut and tucked. Students will learn how to start and end the lasher and how to complete a rim with flat reed and sea grass. Students should bring an old towel, dish pan, 12 spring-type clothes pins and a pair of strong scissors to class. Cost of materials may include ceramic tile for muffin basket, handles, and reed. Students must be able to work with hands and some hand tools such as screwdriver, pencil, ruler, scissors.

### **FA111AC Machine Quilting with Bobbie**

Thursday, 9:30 a.m.-12 noon **(8 weeks beginning Jan. 5)**

Tuition: \$40

Supply Fee: \$5.00

Instructor: Bobbie Whitlock

Minimum/Maximum Enrollment: 10

We will make fun and easy seasonal items such as table runners, wall hangings and small quilts. Please see the bulletin board at each center for examples of upcoming projects. Beginners welcome! Sewing machines will need to be brought to each class.

### **FA116AC Picture Framing – Do-It-Yourself**

Monday, 10:00 a.m. – 12 noon **(no class Jan. 2, 16, and Feb. 20)**

Tuition: \$21

Supply Fee: \$10 payable to instructor

Instructor: Mike Bertch

Minimum Enrollment: 10

Maximum Enrollment: 12

Protect and enhance the beauty of your artwork through custom matting and framing. Learn the basics of framing, matting, materials, and equipment, conservation, collectibles, and memorabilia framing in this hands-on class. Complete one matted and framed project in class. Individual assistance will be provided. Students are responsible for individual project costs.

### **FA106AC Wildfowl Carving & Painting**

Wednesday, 9:00-11:00 a.m.

Tuition: \$40

Supply Fee: \$20-40 (payable to instructor; for pre-purchase wood, eyes, feet)

Instructor: George Stram

Minimum Enrollment: 10

Maximum Enrollment: 12

We will carve and paint a long-billed curlew. Students will need a carving knife, a microplane flat file and microplane round file, and #50, 100, 150, and 200 grit sand paper. Inquire at front desk if you need ideas on where to purchase files.

## **COMPUTERS/COMPUTERIZED PHOTOGRAPHY**

### **FA111CO-B Beginner Keyboarding**

Tuesday, 12:30-2:30 p.m. **FOUR weeks: Feb. 14, 21, 28, Mar. 6**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 12

Are you intimidated by computers? Does it take you all day to complete a page of type? This course is for you! Learn how to find those computer keys without even looking at the keyboard! Efficient keyboarding makes computing life easier. Learn practical applications of these skills using Microsoft Word to create and edit documents.

### **FA101CO-A Computer 1 – Beginner Basics**

Wednesday, 10:00 a.m.-12 noon **FOUR weeks: Jan. 18, 25, Feb. 1, 8**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Overcome your computer phobia! Learn how to play! This is a simple, basic computer course for either the new user or the prospective buyer to become familiar with the Windows Operating System and the basic built-in computer applications.

### **FA102CO-A Computer 2 (Intermediate)**

Wednesday, 12:30-2:30 p.m.; **FOUR weeks: Jan. 18, 25, Feb. 1, 8**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 10

Learn hands-on interactive computer skills using Windows operating system. Create, save, edit, store and backup files and photos using Windows OS and Microsoft Office. Prerequisite: Computer 1 or basic computer knowledge recommended.

**FA103CO-B Computer 3 – Advanced Windows, Email & Internet**

Tuesday, 10:00 a.m. – 12 noon **FOUR weeks: Feb. 14, 21, 28, Mar. 6**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 10

Surf the Internet. Learn to email friends and family. Learn to attach and retrieve files and photos in your email. Learn advanced computer skills using the Windows Operating System, Microsoft Office and Internet Explorer. Learn to download, save, and transfer files and photos between computers and applications. Learn how to find and organize your files, folders, and photos. Prerequisite: Computer 1 or basic computer skills recommended.

**FA104CO-A Digital Photography 1 – Basic Camera Concepts – Try Before You Buy**

Tuesday, 10:00 a.m.-12 noon; **FOUR week: Jan. 17, 24, 31, Feb. 7**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 10

Try before you buy! Be able to make an informed decision when you purchase your digital camera. Learn hands-on, the basic skills and many functions of a wide variety of digital cameras. Learn how to use the symbols and settings on digital cameras to compose sharp, beautiful digital images. Bring your camera if you have one or just get familiar with a classroom camera. For those considering buying a digital camera this course can be very useful. It is recommended that those considering the purchase of a digital camera take this class before purchasing.

**FA105CO-A Digital Photography 2 – Using Photo Imaging Software**

Tuesday, 12:30 – 2:30 p.m. **FOUR weeks: Jan. 17, 24, 31, Feb. 7**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 10

You've got the digital images, now what do you do with them? Welcome to the Digital Darkroom, where you'll learn all about Digital Photography software. Download and edit your photographs with ease, and discover how to scan printed photographs into your computer to create digital images that can be edited and restored, while learning the basic concepts of photo restoration. Prerequisite: Computer 1 or 2 or basic knowledge of computer skills recommended.

# **DANCE**

## **Cardio Dance for Active Seniors**

**Two separate courses; indicate desired course:**

**FA106DA** Tuesday, 9:00 - 10:00 a.m.

**FA206DA** Thursday, 5:30 - 6:30 p.m. **(EVENING CLASS)**

Tuition: \$20

Instructor: Kathleen Conner

Minimum Enrollment: 10

Maximum Enrollment: Tuesday: 50 Thursday: 35

Warm-up, workout, strengthen, and cool-down using music and choreographed aerobics. Class will include a balanced combination of rhythmic limbering exercise and static stretches. Aerobic workout will include standardized dance steps choreographed for fun to improve the cardiovascular system and strengthen the upper and lower body. Strengthen legs, hips, buttocks, abdominals, and lower back as well as upper body strengthening for shoulders, chest, and arms. Cool-down to lower the heart rate for a comfortable level to begin stretching exercises. Strength training and toning will be done from the seated or standing position. Bring a bottle of water to class.

## **FA108DA Flirty Girl Dance**

Wednesday, 9:00-10:00 a.m.

Tuition: \$20

Instructor: Kathleen Conner

Minimum Enrollment: 10

Maximum Enrollment: 50

Flirty Girl Dance is designed around various modern dance moves, with a little bit of sass! It is great for women of any age and fitness level who want to have fun while getting fit. The dance moves incorporate aerobic exercise and muscle sculpting. The class will offer instruction, warm-up, aerobic workout, strengthening, and cool-down set to music. Toning, fat-burning, increased flexibility, aerobics, and stretching are included in one package. What woman couldn't use a little sassy fun? Students should bring a bottle of water and wear loose-fitting clothing.

## **FA301DA Line Dance 1 with Kathleen**

Tuesday, 5:30–6:30 p.m. **(EVENING CLASS)**

Tuition: \$20

Instructor: Kathleen Conner

Minimum Enrollment: 10

Maximum Enrollment: 35

The echo of happy feet groovin' to the beat...Fred and Ginger would have loved line dancing! All it takes is some great music, well choreographed moves, and a gaggle or two of dancers stepping into formation. Perform party dances that will please any festive crowd, then grab your ten-gallon Stetson hat for some country-and-western steppin'.

### **FA101DA Line Dance 1 with Peggy**

Thursday, 9:30-10:30 a.m.

Tuition: \$20

Instructor: Peggy DeAngelis

Minimum Enrollment: 10

Maximum Enrollment: 60

If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure—just fun! Line dance is a great way to exercise body and mind while moving to the beat of the latest hits and favorite oldies music, too.

### **FA102DA Line Dance 2 with Peggy**

Thursday, 10:45 – 11:45 a.m.

Tuition: \$20

Instructor: Peggy DeAngelis

Minimum Enrollment: 10

Maximum Enrollment: 60

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music and more. Enjoy great music while learning well choreographed moves. Prerequisite: Line Dance 1 (beginner) or previous line dance experience.

## **EXERCISE**

### **FA138EX Body Conditioning-NEW!**

Thursday, 10:15-11:15 a.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

This class offers a fun, exciting way to gain strength and improve endurance. Different muscle groups will be targeted (including abdominals) for an overall body tone. Weights, bands, and balls will be used. Bring your own exercise mat and 3-5 lb. weights. Participants must be able to get down and up from the floor on their own.

### **Cardio Intervals**

**Two separate courses; indicate desired course:**

**FA229EX** Monday, 12 noon-1:00 p.m. **(no class Jan. 2, 16, Feb. 20)**

**FA129EX** Wednesday, 9:00 – 10:00 a.m.

Tuition: Monday: \$16

Wednesday: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 45

So, you don't have time to exercise? Performing intervals of cardio and strength training are twice as effective as regular exercising! Improve your strength and endurance while creating a higher metabolism to burn fat and carbohydrates for hours even after the class hour ends! Exercise bands will be provided. Students must bring their own light hand weights.

### **FA150EX Chair Cardio-Sit and Get Fit-A Softer Approach to Fitness**

Tuesday, 11:00 a.m.-12 noon

Tuition: \$20

Instructor: Kathleen Conner

Minimum Enrollment: 10

Maximum Enrollment: 50

Exercises will be done in seated and standing positions. Chair cardio can benefit anyone looking for a safe beginning into the fitness arena, working up to more intense exercise. Chair cardio improves overall heart health using upper and lower body exercises. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with emphasis on real life situations such as reaching, rising out of a chair or car seat, etc. Proper form will be discussed when reaching, rising, bending, etc. to avoid injury. Strength training and cooling will be included. Music will be used during cardio and stretching; students may come dressed in comfortable clothing—gym clothing is not needed.

### **FA102EX Chair Yoga**

Wednesday, 10:15 – 11:15 a.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 30

Think you can't do yoga? Try this! Practice yoga in a manner that is slow-paced, gentle and supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Simple and safe methods of increasing both flexibility and strength will be offered. Wear comfortable, layered clothing and sneakers, and get ready to connect with your body. Please bring a strap and small towel to class.

### **FA101EX Exercise for Arthritis**

Thursday, 1:00 – 2:00 p.m. **(EIGHT weeks beginning Jan. 5)**

Tuition: None

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 30

This is a low-impact, land-based exercise program designed for people with arthritis, relying upon gentle activities to help increase joint flexibility, range of motion, and maintain muscle strength, while reducing pain, fatigue, and stiffness. **NEW STUDENTS WELCOME!**

### **FA242EX Fall Prevention: Balance for Life 2**

Thursday, 11:30 a.m. – 12:30 p.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 20

Level 2 is for those who can walk on their own, independently, without an assistive device. Fine-tune your confidence in balance and mobility by participating in more challenging activities than in Level 1. Continue to improve muscular strength, coordination and energy in a safe, fun environment. A yoga mat is required as a non-slip surface for chair work. (Note: participants will not be getting down on the floor.)



**FA227EX-A Fitness Fundamentals with Debbie**

Monday, 12:15 -1:15 p.m. **FOUR weeks: Jan. 9, 23, 30, Feb. 6**

Tuition: \$40

Instructor: Deb Wimbrough

Minimum/Maximum Enrollment: 4

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center.

**FA327EX-B Fitness Fundamentals with Rosemary**

Wednesday, 1:00-2:00 p.m. **FOUR weeks: Feb. 1, 8, 15, 22**

Tuition: \$40

Instructor: Rosemary Raymonda

Minimum/Maximum Enrollment: 4

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center.

**FA128EX Light Aerobics – NEW!**

Tuesday, 1:30-2:30 p.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

Get your heart pumping and your muscles stretching while engaging in low impact aerobics followed by strengthening, toning, and stretching exercise. Safe and beneficial exercises are encouraged!

**FA141EX Qigong 1**

Thursday, 9:00-10:00 a.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

This class is tailored for the beginning student. Qigong (pronounced, chee-gong) is an ancient Chinese health method that combines slow, graceful stationary movements with mental concentration and breathing to increase and balance a person's vital energy. Requiring no special equipment, qigong exercises are simpler than tai chi and can be done either sitting or standing. Stretch and lengthen your muscles, increase your breathing capacity, lubricate and preserve your joints, all while relaxing the mind into a single focus. Bring a bound or loose-leaf notebook and pen to class.

**FA241EX Qigong 2**

Monday, 1:15-2:15 p.m. (no class Jan. 2, 16, Feb. 20)

Tuition: \$16

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

Fine-tune previously learned moves in Qigong 1, then progressively advance into more complex moves. Bring a bound notebook or loose-leaf notebook and pen to class. Pre-requisite: previous experience practicing Qigong or Qigong 1 class.

**FA113EX Relaxation & Stress Reduction**

Wednesday, 11:30 a.m.–12:30 p.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

A class to focus on the mind-body connection so that you can deal with most anything life might cast your way! Practice the soothing benefits of breathing and relaxation techniques, reducing muscle tension and encouraging pain control. Replace old reactions with new responses to become more centered and peaceful—ahhh! Bring a bound or loose-leaf notebook and pen to class.

**FA146EX Taijiquan (Tai Chi Chuan)-Yang Family Form for Health**

Thursday, 2:00-3:00 p.m.

Tuition: \$20

Instructor: Ramon Martinez

Minimum Enrollment: 10

Maximum Enrollment: 16

Students will be taught principles of taijiquan, form choreography, and breath coordination in order to realize the potential of taijiquan exercise to improve balance, mobility, and energy levels. Instruction will include qigong warm-up exercises taken directly from internal Chinese martial arts systems which are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique.

**FA108EX Yoga-New!**

Tuesday, 12:15-1:15

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 35

Assume the lotus position and breathe deeply. Be prepared for relaxation and tranquility as body and mind enjoy the many benefits of this ancient practice. Yoga mat and strap suggested; bring your exercise mat. Participants must be able to get up and down from the floor on their own.

### **Yoga Strength & Stretch**

**Two separate courses; choose desired course:**

**FA139EX** Tuesday, 10:00–11:00 a.m.

**FA239EX** Wednesday, 10:00-11:00 a.m.

Tuition: \$20

Instructor: Kathleen Conner

Minimum Enrollment: 10

Maximum Enrollment: 50

This class will help the student improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance, and help combat daily stress-related injuries due to wear and tear on aging joints. Parts of the class will include heat-building (with slightly smaller range of motion), heat maintaining (some flowing movement and holding poses while standing or seated), band exercises to build strength in the upper and lower body; and cooling, including deeper stretching. Reflective and soothing music will be used to aid movements. Yoga mat required.

### **Zumba Gold**

**Two separate courses; indicate desired course:**

**FA130EX** Monday, 11:00 a.m.–12 noon **(no class Jan. 2, 16, Feb. 20)**

**FA230EX** Thursday, 2:15-3:15 p.m.

Tuition: Monday: \$16

Thursday: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 40

Zumba Gold is a Latin-based, cardio dance fitness program designed for everyone at any fitness level, with no dance experience required. Zumba combines high energy and motivating music with easy to follow dance steps. This fun dance program includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, and will provide a safe, effective total body workout.

### **FA631EX Zumba Gold Toning – NEW!**

Tuesday, 9:30-10:30 a.m.

Tuition: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 40

Zumba Gold Toning combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercise makes this an effective total body workout that can improve balance, posture, coordination and help prevent osteoporosis. You need to bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor. Note: Strength training is not recommended for individuals with hypertension.

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## **FITNESS ROOM**

### **Fitness Orientation**

**Please see front desk for available dates and times.**

Fee: \$5 (annual fee)

Get general instruction on the proper use of fitness equipment and helpful tips. **This orientation is required prior to use of the Fitness Room; pre-registration for Fitness Orientation is required—see front desk.**

### **Fitness Room**

Monday-Friday, 8:30 a.m. – 3:30 p.m. **See \* note below.**

Fee: (See Fitness Orientation above)

Exercise on your own using a variety of multi-station fitness equipment, recumbent bicycle, treadmill, etc. Equipment is provided in cooperation with Harford Co. Dept. of Parks & Recreation. **Note: Fitness Orientation (with annual \$5 fee) is required prior to using the Fitness Room. Pre-registration for Fitness Orientation is required. See front desk. \*IMPORTANT: Members are not allowed in Fitness Room during Orientation instruction; schedules will be posted to indicate room availability.**

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## **FINE ARTS**

### **FA102FA Donna Dewberry's One Stroke Painting Technique for Everyone**

Wednesday, 12:30 -2:30 p.m.

Tuition: \$40

Supply Fee: Students purchase own supplies prior to first class; instructor will leave list at desk.

Instructor: Helen Tucker

Minimum Enrollment: 10

Maximum Enrollment: 15

Whether one has a lot of experience or none at all, with the Donna Dewberry One-Stroke Painting technique, this class has something to offer everyone! With individual attention and one-on-one instruction, proper loading and holding the brush, and applying just the right amount of pressure, students will achieve the most beautiful strokes possible and gain a sense of artistic accomplishment and confidence. Because students will be blending, shading, and highlighting all in just one stroke of the brush, they will soon be painting works of art they dreamed possible to do, including still life florals, fruit, birds, skies and clouds—just to name a few. Come and join us—we have fun!

### **FA110FA Oil Painting**

Monday, 9:00-11:00 a.m. (no class Jan. 2, 16, Feb. 20)

Tuition: \$28

Supply Fee: Supply list will be given at first class.

Instructor: Eleanor Mulholland

Minimum/Maximum Enrollment: 10

This course will help students give their newly acquired skills the opportunity to grow. They will learn to paint boldly and assuredly through various projects and with individual attention and guidance from the instructor. Students will learn about color properties and how to mix values, how to decide which colors to use when setting up their palettes, and learn about the wonders of light and shadow. Some art history will be introduced in the form of French impressionism. A basic knowledge of oil painting techniques will go a long way toward helping a student enjoy this course.

**The activities listed below are also offered. However, please note the center will be closed on January 2, 16, and February 20.**

**COMPUTER LAB:** Check at front desk for available times and days.

### **DISCUSSION GROUPS**

Book Club/Discussion 1<sup>st</sup> Tuesdays; 1:00-3:00 p.m.

### **GAMES/ACTIVITIES (Play on Your Own)**

Basketball	Fri. 10 am-12 noon (see center for additional day)
Billiards	Monday- Friday, 8:30 a.m. – 3:30 p.m.
Bingo	Every other Thursday; 1:30-3:00 p.m. (check with center for dates)
Firehouse Pinochle	Mon., Wed., and Fri., 9 am – 12 noon
Mahjonn	Tuesday, 11:00 a.m.-3:00 p.m.
Mexican Train Dominoes	Monday, 1:00-3:00 p.m.
Movie & Popcorn	2 <sup>nd</sup> Mondays; starts at 10:00 a.m.
Pickle Ball	Friday, 12:30 p.m.– 3:00 p.m.
Table Tennis	Wednesday, 1:00-3:00 p.m.
Walking	Monday, 8:30–10:30 a.m. Tuesday, 8:30-9:00 a.m. (in half-gym) Thursday, 8:30–9:00 a.m. (in half-gym) Friday, 8:30-9:30 a.m.

### **HEALTH, SUPPORT, & NUTRITION PROGRAMS**

Blood Pressure Screenings 2<sup>nd</sup> Wednesdays, 10:00 a.m. – 12 noon

# **HAVRE DE GRACE SENIOR ACTIVITY CENTER**

## **DANCE**

### **HG101DA Beginner Line Dancing**

Tuesday, 1:00-2:00 p.m.

Tuition: \$15

Instructor: Bonnie Pastelak

Minimum Enrollment: 10

Maximum Enrollment: 25

This course offers beginning line dance instruction and help with difficult steps that are taught. Individual attention is provided as needed. Wear comfortable sneakers or shoes that will not leave marks on a wood gym floor.

## **EXERCISE**

### **HG147EX Cane Fu—Cane Self Defense and Exercise-NEW!**

Monday AND Thursday, 12 noon – 1 p.m. (no class on Jan. 2, 16, Feb. 20)

Tuition: \$34

Instructor: Ramon Martinez

Minimum Enrollment: 10

Maximum Enrollment: 16

Students will be taught self-defense applications with the cane consisting of blocks, strikes, and basic locks. Also taught will be stretches, isometric and isotonic exercises using the cane and rubber exercise bands. Students will be required to bring (fee waived) or purchase a wooden or aluminum cane with wide crook and a rubber exercise band of the appropriate resistance, with handles.

### **HG227EX-B Fitness Fundamentals with Debbie**

Wednesday, 11:30-12:30 (FOUR weeks Feb. 8, 15, 22, 29)

Tuition: \$40

Instructor: Deb Wimbrough

Minimum/Maximum Enrollment: 4

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center.

### **HG120 EX Functional Fitness**

Tuesday, 11:30 a.m. – 12:30 p.m.

Tuition: None

Instructor: Steven Penn

Minimum Enrollment: 10

Maximum Enrollment: 30

Join us for fun, low-impact safe movement exercises done in a chair or standing. This class will incorporate upper/lower body resistance stretching and balance exercises that help with fall prevention. The exercises presented in this class can help you manage your weight, lower blood pressure, prevent/manage diabetes, lower LDL cholesterol, prevent heart disease, reduce stress and anxiety, brighten your mood, give you more energy, and provide many other positive benefits! Wear comfortable clothes and tennis shoes (water bottle and towel are optional).

### **Light Cardio-Toning**

**Two separate courses; indicate desired course:**

**HG104EX** Wednesday, 9:00-10:00 a.m.

**HG204EX** Friday, 9:00-10:00 a.m.

Tuition: Wednesday: \$20

Friday: \$20

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 60

Get fit from the inside out with moderate exercise to improve muscle tone and cardio-vascular fitness. Enjoy your favorite tunes as you workout to music using stretch bands to tone your muscles. Get your blood pumping and make your heart happy as you condition the body and relax the mind. Stretch bands provided during class time. Bring a floor mat; participants must be able to get up or down from the floor on their own, and must be mobile. Light weights also suggested.

### **HG137EX Pilates – NEW!**

Wednesday, 11:30 a.m. – 12:30 p.m. **(FIVE weeks Jan. 4, 11, 18, 25, Feb. 1)**

Tuition: \$10

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 40

Learn proper techniques of exercise to tone and strengthen the core muscles on the mat. Also will be using yoga straps to enhance some of the exercises as needed. Get better posture and a stronger core! This is a five week course. Must be able to get up and down from the floor unassisted.

### **HG341EX Chi Gong (Chi Kung) – Energy Workout/Internal Exercise for Vitality**

Monday AND Thursday, 10:30-11:30 a.m. **(no class Monday, Jan. 2, 16, Feb. 20)**

Tuition: \$34

Instructor: Ramon Martinez

Minimum Enrollment: 10

Maximum Enrollment: 16

Students will be taught principles of internal energy work (qigong) in order to coordinate physical exercise with the movement of qi (chi) through the body to improve posture, balance, mobility and energy levels. Instruction will include several sets or “forms” which the students will be able to use as complete, self-contained exercise routines. The forms are taken directly from internal Chinese martial arts systems and are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique. They are also, and more commonly used, for health and healing.

## Yoga

**Two separate courses; choose desired course:**

**HG108EX** Wednesday, 10:15-11:15 a.m.

**HG208EX** Friday, 10:15-11:15 a.m.

Tuition: \$20

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 60

Assume the lotus position and breathe deeply. The practice of yoga has its roots in Indian tradition as a spiritual pathway leading to the union with the Supreme Consciousness. In modern times, yoga is practiced to promote good health and fitness. Enjoy relaxation and tranquility as body and mind enjoy the many benefits of this ancient practice. Yoga mat and strap suggested; participants must be able to get up or down from the floor on their own.

## HG130EX Zumba Gold

Monday, 9:00-10:00 a.m. **(no class Jan. 2, 16, Feb. 20)**

Tuition: \$14

Instructor: Laurie Miller

Minimum Enrollment: 10

Maximum Enrollment: 60

This class combines dancing with exercise. Students will learn basic dance steps such as Salsa, Merengue, Cumbia, and other steps, and learn proper body alignment while exercising. Students will learn to “listen” to their body and develop proper body form while dancing.

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## FITNESS ROOM

### Fitness Orientation

**BY APPOINTMENT: Call the Center 410-939-5121.**

Tuition: \$5 annual fee

Instructor: Deb Wimbrough

Get general instruction on the proper use of fitness equipment and helpful tips. **Note: Fitness Orientation is required prior to using the Fitness Room. An annual \$5 fee is required for a fitness orientation. An appointment for a fitness orientation is required; call the center to make an appointment.**

### Fitness Room

Monday-Friday, 8:00 a.m. – 4:00 p.m.

Tuition: None

Exercise on your own using a variety of multi-station fitness equipment, recumbent bicycle, and treadmill. Equipment is provided in cooperation with Harford County Dept. of Parks & Recreation.

**Note: Fitness Orientation is required prior to using the Fitness Room (see above).**



The activities below are also offered; however, centers are **CLOSED** on January 2, 16, and February 20.

### **CARDS (Play on Your Own)**

Open Cards, Board Games      Monday, 12 noon - 4:00 p.m.  
Pinochle      Thursday, 12:30 p.m.

**COMPUTER LAB:** Check at front desk for available times and days.

### **DISCUSSION GROUPS**

**Current Events**      Thursday, 9:00 a.m. -11:00 a.m.  
Facilitator: Mitch Shank  
Meets weekly to discuss topics of interest to the group.

### **GAMES (Play on Your Own)**

Billiards      Monday – Friday, 8:00 a.m. – 4:00 p.m.  
Bingo      2<sup>nd</sup> and 4<sup>th</sup> Friday, 1:00 p.m.  
Bocci      Monday-Friday, 8:00 a.m. – 4:00 p.m.

### **GENERAL ACTIVITIES**

**Crafting With Terri**      1<sup>st</sup> Friday, 11:00 a.m. – 12 noon  
A small supply fee not to exceed \$2.00 may be required.

**Knit & Crochet Workshop**      Tuesday, 9:30 a.m. – 11:30 a.m.  
Knit on your own.

### **HEALTH, SUPPORT, & NUTRITION PROGRAMS**

#### **Walking**

Monday      8:00-9:00 a.m. and 1:00-3:00 p.m.  
Tuesday      8:00 a.m. – 1:00 p.m.  
Wednesday      8:00-9:00 a.m. and 1:00 p.m. – 3:00 p.m.  
Thursday      8:00-10:00 a.m. and 1:00-3:00 p.m.  
Friday      8:00-9:00 a.m. and 11:30 a.m. – 3:00 p.m.

**Blood Pressure Screenings**      4<sup>th</sup> Wednesday, 10:00 a.m. – 12 noon  
Provided by Upper Chesapeake Health

# **HIGHLAND SENIOR ACTIVITY CENTER**

## **ARTS & CRAFTS**

### **HI101AC Beginning Basket Weaving**

Wednesday, 9:30 –11:30 a.m.

Tuition: \$30

Supply Fee: Not to exceed \$50; payable to instructor

Instructor: Vicky Smith

Minimum Enrollment: 10

Maximum Enrollment: 10

This class introduces the student to basket weaving. Students will lay out a base; make the base square or rectangular; upset the stakes, weave the sides in a start-stop manner. Rows will be packed; stakes will be cut and tucked. Students will learn how to start and end the lasher and how to complete a rim with flat reed and sea grass. Students should bring an old towel, dish pan, 12 spring-type clothes pins, and a pair of strong scissors to class. Cost of materials may include ceramic tile for muffin basket, handles, and reed. Students must be able to work with hands and some hand tools such as screwdriver, pencil, ruler, scissors.

### **Stained Glass**

**Two separate courses; indicate desired course:**

**HI105AC** Monday, 10:00 a.m.–3:30 p.m. (includes ½-hour break)

**HI205AC** Tuesday, 10:00 a.m.–3:30 p.m. (includes ½-hour break)

Tuition: \$35

Supply Fee: \$15 payable to instructor

Instructor: Dan Silva

Minimum Enrollment: 10

Maximum Enrollment: 14

Decorate your window into the world. Express your creative nature through the art of stained glass. Design your own projects while advancing your skills as you learn while doing. Class covers beginner to advanced level. Students will be required to purchase additional supplies for projects of their choosing.

### **HI106AC Wildfowl Carving/Painting**

Wednesday, 12 noon-2:00 p.m.

Tuition: \$40

Supply Fee: \$20-40 (payable to instructor; for pre-purchase wood, eyes, feet)

Instructor: George Stram

Minimum Enrollment: 10

Maximum Enrollment: 12

We will carve and paint a kestrel (sparrow hawk). Students will need a carving knife, a microplane flat file and microplane round file, and #50, 100, 150, and 200 grit sandpaper. Inquire at front desk if you need ideas on where to purchase files.

## **DANCE**

### **HI101DA Line Dancing**

Wednesday, 11:00 – 12 noon

Tuition: None

Instructor: Earnie and Natalie Boyd

Minimum Enrollment: 6

Maximum Enrollment: 40

The echo of happy feet grooving to the beat...Fred and Ginger would have loved line dancing! All it takes is some great music, well-choreographed moves, and a gaggle or two of dancers falling into formation. Learn a new line dance each week.

## **EXERCISE**

### **HI341EX Chi Gong (Chi Kung) – Energy Workout/Internal Exercise for Vitality-NEW!**

Tuesday, 9:00-10:00 a.m.

Tuition: \$20

Instructor: Ramon Martinez

Minimum Enrollment: 10

Maximum Enrollment: 16

Students will be taught principles of internal energy work (qigong) in order to coordinate physical exercise with the movement of qi (chi) through the body to improve posture, balance, mobility and energy levels. Instruction will include several sets or “forms” which the students will be able to use as complete, self-contained exercise routines. The forms are taken directly from internal Chinese martial arts systems and are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique. They are also, and more commonly used, for health and healing.

### **HI111EX Sit, Stretch, & Flex**

Monday, 10:15 –11:15 a.m. **(no class Jan. 2, 16, Feb. 20)**

Tuition: None

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 30

This program employs a variety of chair exercises for stretching, toning, and strengthening major muscles. Maximum range of motion, posture and flexibility will be targeted. All exercises will be accomplished with direct contact with a chair.

### **HI108EX Yoga**

Monday, 9:00-10:00 a.m. **(no class Jan. 2, 16, Feb. 20)**

Tuition: \$14

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 40

Learn yoga basics and experience greater peace and tranquility, while gently stretching and toning your muscles. Improve your balance and gain flexibility to benefit your every movement. Yoga mat and strap suggested. Must be able to get up and down from the floor unassisted.

**HI230EX     Zumba Gold**

Thursday, 10:00-11:00 a.m.

Tuition: \$20

Instructor: JoAnna Rush

Minimum Enrollment: 10

Maximum Enrollment: 30

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active older adult.

**FINE ARTS****HI102FA     Donna Dewberry's One Stroke Painting Technique for Everyone**

Tuesday, 9:30 -11:30 a.m.

Tuition: \$40

Supply Fee: Students purchase supplies prior to first class; instructor will leave list at front desk.

Instructor: Helen Tucker

Minimum Enrollment: 10

Maximum Enrollment: 15

Whether one has a lot of experience or none at all, with the Donna Dewberry One-Stroke Painting technique, this class has something to offer everyone! With individual attention and one-on-one instruction, proper loading and holding the brush, and applying just the right amount of pressure, students will achieve the most beautiful strokes possible and gain a sense of artistic accomplishment and confidence. Because students will be blending, shading, and highlighting all in just one stroke of the brush, they will soon be painting works of art they never dreamed possible to do, including still life florals, fruit, birds, skies and clouds – just to name a few. Come and join us—we have fun!

**LIFE ENRICHMENT****HI102LE     Memoir Writing**

Wednesday, 10:00-11:00 a.m.

Tuition: None

Instructor: Ellie Bittner

Complete a memoir book to pass on to future generations.

**The activities listed below are also offered; however, all centers will be CLOSED on January 2, 16, and February 20.**

**CARDS (Play on Your Own)**

**Bridge**                      Thursday, 12:30 p.m. - 3:00 p.m.

**Open Cards**              Monday-Thursday, 9:00 a.m. – 3:00 p.m.

**COMPUTER LAB:**    Check at front desk for available times and days.

## **GAMES (Play on Your Own)**

**Bingo** Most Mondays—contact center for more information.  
**Board Games & Puzzles** Monday-Thursday, 9:00 a.m. – 3:00 p.m.

## **HEALTH, SUPPORT, & NUTRITION PROGRAMS**

**Blood Pressure Screening** 2<sup>nd</sup> Monday, 10:00 a.m. – 12 noon  
Provided by Upper Chesapeake Health

**Walking**  
Tuesday, Wednesday, and Thursday, 8:30 a.m. - 9:30 a.m.  
Participants set their own goal and pace.

## **OTHER CENTER INFORMATION**

Highland's **Senior Council** meets the 1<sup>st</sup> Monday of each month at 12:30 p.m. – all are welcome to attend to receive senior activity center updates. (If the center is closed on a first Monday, the meeting will be held the following Monday.)

### **MASON-DIXON SERVES COMMUNITY WITH SOUP KITCHEN!**

**Open to the public!**

**Mason-Dixon Soup Kitchen** 3<sup>rd</sup> Friday, 11:00 a.m. – 12 noon

Cost: None

This is a service provided by Mason-Dixon for the community.

**Please note:** The Highland Senior Activity Center is CLOSED each Friday with no senior activities, including third Fridays when Mason-Dixon is using the facility for the soup kitchen.

# **McFAUL SENIOR ACTIVITY CENTER in Bel Air**

## **ARTS & CRAFTS**

### **BA101AC Basket Weaving 1 (Beginning)**

Monday, 10:30 a.m. – 12 noon (no class Jan. 2, 16, Feb. 20)

Tuition: \$16

Supply Fee: \$10 payable to instructor

Instructor: Ann McConaughy

Enrollment: Limited to 10

A tisket, a tasket, come weave a lovely basket! Come learn the ancient art of basketry while creating functional and decorative works of art. You'll entwine yourself in this 10,000-year-old craft.

### **BA102AC Basket Weaving 2 (Intermediate)**

Monday, 8:30 - 10:30 a.m. (no class Jan. 2, 16, Feb. 20)

Tuition: \$21

Supply Fee: \$15 payable to instructor

Instructor: Ann McConaughy

Minimum Enrollment: 10

Maximum Enrollment: 12

For the experienced basket weaver in mind, take your basket making skills to the next level.

Prerequisite: Satisfactory completion of Basket Weaving 1 or permission from instructor.

### **BA104AC Knit & Crochet 1**

Wednesday, 10:00 a.m. – 12 noon

Tuition: \$26

Supply Fee: List of supplies provided by instructor (see below).

Instructor: Harriet Bohle

Minimum Enrollment: 10

Maximum Enrollment: 17

Transform a ball of yarn into a unique, hand-crafted creation while learning the art of knit and crochet. Learn how to interpret patterns, tackle new stitches, or polish your current stitching skills.

New students should bring #8 knitting needle, an H-crochet hook, and a skein of light color worsted weight yarn for the first class.

### **BA204AC Knit & Crochet 2**

Wednesday, 12:45 – 2:45 p.m.

Tuition: \$26

Supply Fee: List of supplies provided by instructor (see below).

Instructor: Harriet Bohle

Minimum Enrollment: 10

Maximum Enrollment: 17

Transform a ball of yarn into a unique, hand-crafted creation while learning the art of knit and crochet. Learn how to interpret patterns, tackle new stitches, or polish your current stitching skills.

New students should bring #8 knitting needle, an H-crochet hook, and a skein of light color worsted weight yarn for the first class.

### **BA111AC Machine Quilting with Bobbie**

Tuesday, 1:00 – 3:30 p.m. **(EIGHT weeks beginning Jan. 3)**

Tuition: \$40

Supply Fee: \$5 paid to instructor

Instructor: Bobbie Whitlock

Minimum/Maximum Enrollment: 10

We will make fun and easy seasonal items such as table runners, wall hangings, and small quilts. Please see the bulletin board at each center for examples of upcoming projects. Beginners are welcome! A sewing machine will need to be brought to each class.

## **COMPUTERS/COMPUTERIZED PHOTOGRAPHY**

### **BA111CO-B Beginner Keyboarding**

Friday, 12:30-2:30 p.m. **FOUR weeks: Feb. 17, 24, Mar. 2, 9**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Are you intimidated by computers? Does it take you all day to complete a page of type? This course is for you! Learn how to find those computer keys without even looking at the keyboard! Efficient keyboarding makes computing life easier. Learn practical applications of these skills using Microsoft Word to create and edit documents.

### **Computer 1 – Beginner Basics**

**Two separate courses; indicate desired course:**

**BA101CO-A** Thursday, 12:30 p.m. – 2:30 p.m. **FOUR weeks: Jan. 19, 26, Feb. 2, 9**

**BA101CO-B** Friday, 10:00 a.m. – 12 noon **FOUR weeks: Feb. 17, 24, Mar. 2, 9**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Overcome your computer phobia! Learn how to play! This is a simple, basic computer course for either the new user or the prospective buyer to become familiar with the Windows Operating System and the basic built-in computer applications.

### **BA102CO-A Computer 2 (Intermediate)**

Friday, 10:00 a.m.–12:00 noon **FOUR weeks: Jan. 20, 27, Feb. 3, 10**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Learn hands-on interactive computer skills using Windows operating system. Create, save, edit, store and backup files and photos using Windows and Microsoft Office. Familiarize yourself with Windows XP operating system and associated operations. Reinforce basic computer, mouse, and keyboard skills. Prerequisite: Completion of Computer 1 or basic computer knowledge.

**BA103CO-A Computer 3 Advanced Windows, Email & Internet**

Friday, 12:30-2:30 p.m. **FOUR weeks: Jan. 20, 27, Feb. 3, 10**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Surf the Internet; learn to email friends and family. Learn to attach and retrieve files and photos in your email. Learn advanced computer skills using the Windows Operating System, Microsoft Office and Internet Explorer. Learn to download, save and transfer files and photos between computers and applications. Learn how to find and organize your files, folders, and photos. Prerequisite: Computer 1 or 2 or knowledge of basic computer skills is helpful for taking this class.

**BA104CO-B Digital Photography 1 – Basic Camera Concepts – Try Before You Buy**

Thursday, 10:00 a.m.-12 noon **FOUR WEEKS: Feb. 16, 23, Mar. 1, 8**

Tuition: \$30

Instructor: Lida Kafka

Minimum Enrollment: 8

Maximum Enrollment: 10

Try before you buy! Be able to make an informed decision when you purchase a digital camera. Learn basic skills hands-on; learn many functions of a wide variety of digital cameras. Learn to use the symbols and settings on digital cameras to compose sharp, beautiful digital images. Bring your own camera if you have one, or just get familiar with a classroom camera.

**BA105CO-B Digital Photography 2 – Using Photo Imaging Software**

Thursday, 12:30-2:30 p.m. **FOUR weeks: Feb. 16, 23, Mar. 1, 8**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

You've got the digital images, now what do you do with them? Welcome to the Digital Darkroom, where you'll learn all about digital photography software. Download and edit your photos with ease and discover how to scan printed photos into your computer to create digital images that can be edited and restored, while learning the basic concepts of photo restoration. Basic computer skills or Computer 1 or 2 are recommended for this course.

**BA109CO-A Photoshop Elements**

Thursday, 10:00 a.m.-12 noon **FOUR weeks: Jan. 19, 26, Feb. 2, 9**

Tuition: \$30

Instructor: Lida Kafka

Minimum/Maximum Enrollment: 8

Don't discard those dark, imperfect photos! Learn to restore those using PhotoShop Elements. Learn how to merge photos to create a great family group photo. Take your daughter's ex-boyfriend out of your favorite family photo! These techniques and more await you in PhotoShop Elements. Basic computer skills are recommended for this course.



# **DANCE**

## **BA107DA Dancing Through the Decades**

Monday, 11:00 a.m.–12 noon **(no class Jan. 2, 16, Feb. 20)**

Tuition: \$16

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 40

Why not try something new, fun, and unique? This form of dance takes on a new dimension when all genres of music are used to take you through time. You will learn basic dance steps choreographed just right to fit each song. Proper alignment is encouraged as you create your own style.

## **Line Dance 1 with Peggy**

**Two separate courses; indicate desired course:**

**BA101DA** Monday, 9:30–10:30 a.m. **(no class Jan. 2, 16, Feb. 20)**

**BA201DA** Wednesday, 9:30–10:30 a.m.

Tuition: Monday: \$16

Wednesday: \$20

Instructor: Peggy DeAngelis

Minimum Enrollment: 10

Maximum Enrollment: 40

Beginner level. If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure—just fun! Line dance is a great way to exercise body and mind while moving to the beat of the latest hits and favorite oldies music, too.

## **BA102DA Line Dance 2 with Peggy**

Monday, 10:45– 11:45 a.m. **(no class Jan. 2, 16, Feb. 20)**

Tuition: \$16

Instructor: Peggy DeAngelis

Minimum Enrollment: 10

Maximum Enrollment: 40

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music and more. Enjoy great music while learning well choreographed moves. Prerequisite: Line Dance 1 (beginner level) or line dance experience.

## **BA103DA Line Dance 3 with Peggy**

Wednesday, 10:45-11:45 a.m.

Tuition: \$20

Instructor: Peggy DeAngelis

Minimum Enrollment: 10

Maximum Enrollment: 40

Learn more advanced line dances; Line Dance 2 or previous line dance experience is recommended.

## **EXERCISE**

### **BA151EX Ab Blaster-NEW!**

Thursday, 12:45-1:15 p.m. **FIVE weeks: Feb. 9, 16, 23, Mar. 1, 8**

Tuition: \$10

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 20

Tired of doing 100 crunches a day and seeing no results? Learn to work all areas of the abdominals deeply, effectively, and safely, while doing less repetitions! Learn how to protect the back while working the abs. Flat bellies, here we come! This is a 5-week course. Please bring your exercise mat.

### **BA131EX Body Tone**

Monday, 10:00 -11:00 a.m. **(no class Jan. 2, 16, Feb. 20)**

Tuition: \$16

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 45

This class offers a fun, exciting way to gain strength and improve muscle endurance and is guaranteed to be motivating and beneficial. Each song will be choreographed to target a specific muscle group and end with an awesome cool-down and stretch for an overall body tone. Please bring your hand –held weights and exercise mat.

### **Classic Cardio**

**Two separate courses; indicate desired course:**

**BA118EX** Monday, 9:00-10:00 a.m. **(no class Jan. 2, 16, Feb. 20)**

**BA218EX** Wednesday, 10:00-11:00 a.m.

Tuition: Monday: \$16

Wednesday: \$20

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 50

Have a FUNtastic experience exercising to the songs you know and love. Low impact cardio conditioning uses simple moves such as grapevine and mambo at a tempo that will enable you to be successful yet challenged enough to elevate the heart rate.

### **Exercise for Arthritis**

**Two separate courses; indicate desired course:**

**BA101EX** Monday, 1:00-2:00 p.m. **(SEVEN weeks, Jan. 9, 23, 30, Feb. 6, 13, 27, Mar. 5)**

**BA201EX** Wednesday, 1:00-2:00 p.m. **(EIGHT weeks, beginning Jan. 4)**

Tuition/Fee: None

Instructor: Sharri McDaniel

Minimum Enrollment: 6

Maximum Enrollment: 40

This course offers fun and effective exercises that are gentle on your joints. There are relaxation exercises at the end of each class.

## **BA142EX Fall Prevention: Balance for Life 2**

Friday, 11:00 a.m.-12 noon

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 20

Level 2 is for those who can walk on their own, independently, without an assistive device. Fine-tune your confidence in balance and mobility by participating in more challenging activities than in Level 1. Continue to improve muscular strength, coordination and energy in a safe, fun environment. Yoga mat required as a non-slip surface for chair work. (Note: participants will not be getting down on the floor.)

## **Fitness Fundamentals with Sharri**

**Two separate courses; indicate desired course:**

**BA127EX-A** Tuesday, 2:30-3:30 p.m. **FOUR weeks: Jan. 3, 10, 17, 24**

**BA127EX-B** Tuesday, 2:30-3:30 p.m. **FOUR weeks: Feb. 7, 14, 21, 28**

Tuition: \$40

Instructor: Sharri McDaniel

Minimum/Maximum Enrollment: 4

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center.

## **BA227EX-A Fitness Fundamentals with Debbie**

Thursday, 1:30 -2:30 p.m. **FOUR weeks: Jan. 5, 12, 19, 26**

Tuition: \$40

Instructor: Deb Wimbrough

Minimum/Maximum Enrollment: 4

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center.

## **BA120EX Functional Fitness**

Tuesday, 10:00-11:00 a.m.

Tuition: None

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 30

Slow down the aging process and perform your daily activities more easily with stretching, flexibility and strength exercises done primarily in a chair. Based on slow, easy movements, this class will increase your independence and improve your functional mobility.

### **BA132EX Gentle Aerobics & Yoga Combo**

Wednesday, 9:00-10:00 a.m.

Tuition: \$20

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 50

Why not try something new? You will have fun and increase your cardio while you dance to the songs you know and love. This class will end with gentle and beneficial standing and seated yoga poses. No mat is needed for this class!

### **Gentle Yoga**

**Two separate courses; indicated desired course:**

**BA102EX** Monday, 12:30-1:00 p.m. **(no class Jan. 2, 16, Feb. 20)**

**BA202EX** Wednesday, 12:30–1:00 p.m.

Tuition: Monday: \$7

Wednesday: \$10

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 40

This unique program increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Moving through poses seated in the chair, or standing (using the chair for assistance) can provide great reward for both your body and mind!

### **BA121EX Get to the Core - Pilates**

Wednesday, 11:00 a.m. -12 noon

Tuition: \$20

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 40

“Pilates” – what is it? This class is full of moves to strengthen the core. You will improve breathing, balance, coordination, flexibility, and strength. Bring an exercise mat; participants must be able to get up and down from the floor on their own.

### **BA149EX Hatha Yoga**

Tuesday, 1:30-2:30 p.m.

Tuition: \$20

Instructor: Sharri McDaniel

Minimum Enrollment: 10

Maximum Enrollment: 40

Modern yoga is practiced to promote good health and well being, using breath to move you in and out of poses such as Down-Dog, Plank, and Cobra, which help improve breathing, flexibility, balance, and strength. Bring your exercise mat. Straps and blocks are also suggested. Participants must be able to get up and down from the floor on their own.

### **Light Aerobics**

**Two separate courses; indicate desired course:**

**BA128EX** Tuesday, 9:00-10:00 a.m.

**BA228EX** Friday, 9:00 –10:00 a.m.

Tuition: \$20

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 40

Get your heart pumping and your muscles stretching while engaging in low impact aerobics followed by strengthening, toning, and stretching exercise. Safe and beneficial exercises are encouraged.

### **Light Cardio-Toning**

**Two separate courses; indicate desired course:**

**BA104EX** Tuesday, 11:00 a.m.-12 noon

**BA204EX** Thursday, 9:00-10:00 a.m.

Tuition: \$20

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 60

Get fit from the inside out with moderate exercise to improve muscle tone and cardio-vascular fitness. Enjoy your favorite tunes as you work-out using stretch bands to tone your muscles; get your blood pumping and make your heart happy as you condition the body and relax the mind. Stretch bands provided during class times. Exercise mat and light weights suggested. Participants must be able to get up or down from the floor on their own and must be mobile.

### **BA123EX Sit & Stretch**

Friday, 10:00 -11:00 a.m.

Tuition: None

Instructor: Rosemary Raymonda

Minimum Enrollment: 10

Maximum Enrollment: 30

Reap the bountiful benefits of gentle exercise without leaving the comfort of your chair. With emphasis upon stretching, flexibility, posture, range of motion, and coordination moves, witness your physical capabilities and strength expand while muscle isolation exercises target key muscle groups for increased fitness and flexibility.

### **BA114EX Tai Chi 1 (Beginning)**

Tuesday AND Thursday, 8:30 - 9:30 a.m.

Tuition: \$40

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 35

Tailored for the beginning student, experience peace and tranquility and strength-building through ancient Chinese Tai Chi forms and qi gong exercises that cultivate vitality, balance, and flexibility, while learning the basic Yang style short form.

### **BA124EX Tai Chi 2 (Intermediate)**

Tuesday AND Thursday, 9:30 - 10:30 a.m.

Tuition: \$40

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 25

Fine-tune the Yang style short form while discovering the Yang style long form. Qi gong energy and breathing techniques are developed while introducing silk-reeling and Tai Chi ruler. Prerequisite: Tai Chi 1 and recommendation of instructor.

### **BA125EX Tai Chi 3 (Advanced)**

Thursday, 10:30–11:30 a.m.

Tuition: \$20

Instructor: Preston Hutt

Minimum Enrollment: 10

Maximum Enrollment: 25

The Yang style short and long forms are fine-tuned while students are introduced to the “Old Frame” Chen style Tai Chi in this advanced class. Qi gong energy and breathing techniques are developed along with Ba Gua, silk-reeling and Tai Chi ruler. Prerequisite: Tai Chi 2 and recommendation of instructor.

### **Yoga**

**Three separate courses; indicate desired course:**

**BA108EX** Tuesday, 12:15-1:15 p.m.

**BA508EX-A** Thursday, 10:15–11:15 a.m.

**BA508EX-B** Thursday, 11:30 a.m. – 12:30 p.m.

Tuition: \$20

Instructor: Deb Wimbrough

Minimum Enrollment: 10

Maximum Enrollment: 60

Assume the lotus position and breathe deeply. Yoga has its roots in Indian tradition as a spiritual pathway leading to the union with the Supreme Consciousness. Be prepared for relaxation and tranquility as body and mind enjoy the many benefits of this ancient practice. Yoga mat and strap suggested; bring your exercise mat. Participants must be able to get up and down from the floor on their own.

### **Zumba Gold**

**Two separate courses; indicate desired course:**

**BA130EX** Monday, 12:30-1:30 p.m. **(no class Jan. 2, 16, Feb. 20)**

**BA530EX** Friday, 11:30 a.m.-12:30 p.m.

Tuition: Monday: \$16

Friday: \$20

Instructor: Venette Nehus

Minimum Enrollment: 10

Maximum Enrollment: 40

This class combines dancing with exercise. Students will learn basic dance steps such as Salsa, Merengue, Cumbia, and other steps, and learn proper body alignment while exercising. Students will learn to “listen” to their body and develop proper body form while dancing.

### **BA230EX Zumba Gold**

Tuesday, 11:30 a.m.-12:30 p.m.

Tuition: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 40

This lower impact, easy-to-follow Latin-inspired dance fitness party keeps you in the groove of life! The program includes Merengue, Salsa, Cumbia, Cha Cha, Belly Dance, Flamenco, and will be sure to give you a “feel good” cardiovascular workout.

### **Zumba Gold Toning-NEW!**

**Two separate courses; indicate desired course:**

**BA632EX** Wednesday, 2:00-3:00 p.m.

**BA633EX** Thursday, 12 noon – 1:00 p.m.

Tuition: \$20

Instructor: Kathy Pfarr

Minimum Enrollment: 10

Maximum Enrollment: 40

Zumba Gold Toning combines spicy Latin dance rhythms with light weights to enhance muscle strength, tone, and endurance. This unique combination of cardio and resistance exercise makes this an effective total body workout that can improve balance, posture, coordination and help prevent osteoporosis. You need to bring a pair of 1 or 2 pound weights or purchase maraca-like toning sticks from the instructor. Note: Strength training is not recommended for individuals with hypertension.

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## **FITNESS ROOM**

### **Fitness Orientation**

**Please see front desk for available dates and times.**

Fee: \$5 (annual fee)

Get general instruction on the proper use of fitness equipment and helpful tips. **This orientation is required prior to use of the Fitness Room; pre-registration for Fitness Orientation is required. See front desk.**

### **Fitness Room**

Monday-Friday, 8:30 a.m. – 4:00 p.m.

Fee: (See Fitness Orientation above)

Exercise on your own using a variety of multi-station fitness equipment, recumbent bicycle, treadmill, etc. Equipment is provided in cooperation with Harford Co. Dept. of Parks & Recreation. **Note: Fitness Orientation (with annual \$5 fee) is required prior to using the Fitness Room. Pre-registration for Fitness Orientation is required—see front desk.**

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## **FINE ARTS**

### **Decorative & Tole Painting**

**Three separate courses; indicate desired course:**

**BA103FA** Tuesday, 9:00-11:00 a.m.

**BA203FA** Tuesday, 11:30 a.m. – 1:30 p.m.

**BA303FA** Tuesday, 2:00-4:00 p.m.

Tuition: \$40

Supply Fee: New students may need to purchase basic materials and supplies. Instructor will leave a list at front desk.

Instructor: Cindy DiLiello

Minimum/Maximum Enrollment: 12

Styles and techniques of the past are incorporated into decorative and functional artwork of the present. Students will work with acrylic paints on a variety of surfaces (from canvas to metal, fabric, wood, and even screen painting) with individual teacher assistance. This is a diverse art form which utilizes a variety of techniques to achieve great personal satisfaction.

### **BA102FA Donna Dewberry's One Stroke Painting Technique for Everyone**

Friday, 9:30-11:30 a.m.

Tuition: \$40

Supply Fee: Students purchase own supplies prior to first class; instructor will leave list at desk.

Instructor: Helen Tucker

Minimum Enrollment: 10

Maximum Enrollment: 15

Whether one has a lot of experience or none at all with the Donna Dewberry One-Stroke Painting technique, this class has something to offer everyone! With individual attention and one-on-one instruction, proper loading and holding the brush, and applying just the right amount of pressure, students will achieve the most beautiful strokes possible and gain a sense of artistic accomplishment and confidence. Because students will be blending, shading, and highlighting all in just one stroke of the brush, they will soon be painting works of art they never dreamed possible to do, including still life florals, fruit, birds, skies and clouds – just to name a few. Come and join us—we have fun!

**The following activities are also offered; however, the center is CLOSED January 2, 16, and February 20.**

## **CARD GAMES**

A variety of card games is played by members on different days and times, including Bridge, Pinochle, and Hand and Foot. Check at the front desk for more information.

**COMPUTER LAB:** Check at front desk for available times and days.

## **DISCUSSION GROUPS**

### **Book Talk**

1<sup>st</sup> Monday, 1:00-3:00 p.m.

Let's dish about the best of literature! The group discusses a book agreed upon the previous month. Call the center for more information



## Discussion Groups, continued..

### Current Events

Thursday, 10:00 a.m.–12:00 noon

Whether it's politics, global events, economic issues, or humanitarianism, join us to discuss topics of interest to the group. Meet and discuss history, past and present issues, sports, weather, etc.

### Memoir Writing

Tuesday, 10:00-11:45 a.m.

Instructor: C. Albert Morey, Jr.

"I remember when..." This class is designed to help students recall and summarize life experiences and to enjoy time to reminisce. Participants complete writing assignments on designated or chosen topics and present them orally to the class.

## GENERAL ACTIVITIES

<b>Billiards</b>	Monday - Friday, 8:30 a.m. – 4:00 p.m.
<b>Bingo</b>	Friday, 12:30-1:30 p.m.
<b>Bocce Ball</b>	Monday through Friday, 8:30 a.m. – 4:00 p.m.
<b>Chess</b>	Every Thursday, 1:00-4:00 p.m.
<b>Horseshoes</b>	Monday through Friday, 8:30 a.m. – 4:00 p.m.
<b>Pickleball</b>	Wednesday, 12 noon–3:00 p.m.
<b>Shuffleboard</b>	Monday through Friday, 8:30 a.m. – 4:00 p.m.
<b>Table Tennis</b>	Tuesday, 1:30-3:00 p.m. and Thursday, 1:15-3:00 p.m.
<b>Volleyball</b>	Friday, 1:00-3:00 p.m.
<b>Walking in the Gym</b>	Check at front desk for more information.

## HEALTH, SUPPORT, & NUTRITION PROGRAMS

**Blood Pressure Screening:** 1<sup>st</sup> Wednesday, 10:00 a.m. to 12:00 noon  
By Upper Chesapeake Health

**Diabetes Support Group** 4th Wednesday of the month, 10:30-11:30 a.m.  
Facilitator: Rita Bosco, Upper Chesapeake Health

**Low Vision Support Group** 2<sup>nd</sup> Tuesday, 10:00 a.m. – 12:00 noon  
Facilitator: Dan Cook

**Parkinson's Support Group** 1<sup>st</sup> Thursday, 2:00-4:00 p.m.  
For seniors with Parkinson's; their caregivers are also welcome.  
Facilitator: Becky Dunlop, 410-955-8795

David R. Craig  
Harford County Executive  
Elizabeth S. Hendrix  
Director, Dept. of Community Services



Bookmark us on your Smart Phone!

**Office on Aging**  
Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging)  
410-638-3025



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